

# In Search of Character

Saeed Rashid

## PAKISTAN

Land of liberty

Pakistan

Message of peace

Pakistan

Land of justice

Pakistan

Message of equity

Pakistan

Land of light

Pakistan

Message of hope

Pakistan

Land of tolerance

Pakistan

Message of brotherhood

Pakistan

Land of creativity

Pakistan

Message of sacrifice

Pakistan

Laboratory of Islam

Pakistan

Fortress of Islam

Pakistan



## Introduction

Sultana Foundation, a major project of Islah-e-Fikr Educational and Welfare Trust, is committed to the following objectives:

1. To wage war against illiteracy and ignorance
2. To develop human resources and promote character-building and Pakistaniat
3. To provide free medicare and health education
4. To conduct research in social sector and community development
5. To foster continuous quality improvement.

During the last three years since its inauguration in June 1994, Allah has blessed the Foundation with great success in achieving these objectives. In the field of non-formal education, there is a Primary School for Boys at Farash Town and a High School for Girls in the main building and 15 primary "Dastakari" village schools in a radius of 10 kms. Under the Masjid Madrassah programme, there are 24 separate Quran schools for boys and girls in village mosques and private homes respectively. The technical programmes cover electrical, electronic and computer courses of increasingly high standard. The free medical clinic offers many facilities and has almost developed into a small hospital. In its endeavour to seek excellence in all its programme the Foundation has established a well-stocked public library and a Department of Survey and Research. Work on human resource development also includes development of human character through character education. New ideas are emerging in this field. Worsening social pollution underscores the need of positive moral values. Sultana Foundation has therefore given priority to character building in all its programmes. This theme has figured prominently in most of its numerous brochures and pamphlets.

This book under review "Insearch of character" is exclusively on this subject. It is the first formal publication of the Foundation, enriched with pearls of human wisdom.

This book has been written by Prof. Saeed Rashid in a very inspiring and thought provoking manner. Undoubtedly, he occupies a distinguished position in the field of character education and teachers role in our society. Inshallah our association with him will produce many more books of this nature.

Dr. Naeem Ghani  
(Chairman Sultana Foundation)

# **In Search of Character**

(Character Building Curriculum)

*Prof. Saeed Rashid*

**Sultana Foundation**  
A Project of Islah-e-Fikr  
Educational and Welfare Trust  
Islamabad.

## Particulars

<b>Title of the Book</b>	<b>In Search of Character</b>
<b>Author</b>	Prof. Saeed Rashid
<b>Purpose of the Book</b>	Reconstruction of the Society through Character Building.
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<b>Price</b>	Rs. 200/- Overseas US \$ 10

## **Dedicated**

To  
The teacher  
Who has a passion  
For  
Playing the Role - model  
To promote  
Character - Building

## **Message of the Book**

Do all the good you can  
By all the means you can  
In all the ways you can  
In all the places you can  
To all the people you can  
As long as you can

(John Wesley)

## FOREWORD

Prof. Saeed Rashid's commitment and devotion to the cause of teaching, learning and writing to promote 'character building' in the youth of the nation spans half a century. It is a happy coincidence that the publication of Prof. Saeed Rashid's thought-provoking quintessential shorter works is coming out at the time of the 50th birthday of the country. The occasion certainly calls for celebration, but it also provides an opportunity for soul searching, both at the individual as well as at the national level.

The nation, soon after its birth under traumatic circumstances, had to go through a struggle for survival after the sudden departure of Quaid-e-Azam and Quaid-e-Millat in quick succession. Since then the nation has been faced with the onerous task of steering its course in the troubled national and international waters. The ultimate tally of ups and downs in the history of the country depends to a large extent on one's point of view, but this much could be safely said without fear of contradiction that the nation is still awaiting stable leadership with a clear sense of direction to get it out of the political and psycho-social confusion.

Prof. Saeed Rashid, like many other believers in democratic process, is convinced that it puts special demands on the citizens and leaders of a country for ensuring its success. Away from the babbling voices on the political scene arguing about the dangers and threats faced by democracy in the country, Prof. Saeed Rashid is single-mindedly busy in raising his voice for streamlining the educational process. His efforts have been specially focused on making education not only a channel for information, but also on using the process for helping the growing inquisitive minds to acquire qualities of 'Knowledge' and 'wisdom'. For Saeed Rashid, this is a prior condition on the road of progress from the status of being a mere 'person' (Aadmi) to one, he prefers to call a human being (Insan) .

Prof. Saeed Rashid started the process of publication of books and booklets when he was actively involved in teaching. It is easy to see that in his writings, the educationist and the reformer go hand in hand. If we have a deeper look at the contents of his writings, certain concepts and images recur as if begging for recognition. The most persistent of these concepts and images are 'character' and 'character building'. This could be called his clarion-call in this age of materialism and pursuit of short-term worldly gains. Prof. Saeed Rashid has made a valiant effort to bring the aims of education in line with the goals for the nation in the perspective of Islamic way of life and the ideals of the father of the nation.

In order to establish and maintain contact with the growing minds, Prof. Saeed Rashid has experimented with a number of short and direct approaches in accordance with the concept of medium being the message. The series of message cards, brochures, book-marks and stickers are like keys in a symphonic composition with common themes. This is a unique experiment in communicating heavy weight concepts in simple and appealing language. The frequent use of English terms is also part of this conscious process to reach the hearts and the minds of the youth through the lingo they understand best. The easy rhythm of the prose poems lends itself as a highly convenient vehicle for this purpose. Prof. Saeed Rashid's persistent efforts for the promotion of the concept of being a Pakistani through character-building are highly commendable and need to be replicated by educationists throughout the country.

It is heartening to note that Islah-e-Fikr Educational and Welfare Trust Islamabad, an exceptionally genuine N.G.O., committed to social work at grass roots, is sponsoring the publication of this creative venture which I am sure will go a long way in promoting the cause of all important character education in Pakistan.

(Dr. Laeeq Mirza)



## THE AUTHOR

Prof. Saeed Rashid is currently Director of Tameer-e-Millat Institute of Education & Research Islamabad and Director of Sultana Foundation Department of Character Building and Pakistaniat, Islamabad. Previous to taking up this assignment, he was the Principal of Army Public School, Jhelum and Mangla Cantt from 1990 to 1994. Before that from 1950 to 1990 he was on the faculty of Military College, Jhelum as House-master and Director of Research and Development Cell. Educated at Bareilly and Muslim University Aligarh, he holds Masters in Urdu & English and a professional degree in education. His special interests are: character-building, teacher education, Pakistaniat and creativity-oriented curriculum development. Prof. Rashid has authored 28 books on education, Pakistaniat and character - building and is a Visiting Professor to F.F. Teachers' Training Institute, Rawalpindi, Army Public Schools, Roots School Rawalpindi and to other educational institutions of repute in the country.

### WORKS

- |                                           |                                              |
|-------------------------------------------|----------------------------------------------|
| 1. CHARACTER AND CONDUCT OF QUAID-E-AZAM. | 15. MUKALMAT-E-IQBAL                         |
| 2. LIVING WITH LEADERSHIP.                | 16. SHAD-BAD-MANZIL-E-MURAD.                 |
| 3. LEARNING TO LEAD                       | 17. KIRDAR-KI-KIRNAIN.                       |
| 4. IN SEARCH OF MATURITY.                 | 18. KIRDAR SAZ                               |
| 5. FROM SCHOOL TO COLLEGE                 | 19. TAZKARA-E-SHUHADA.                       |
| 6. A LASTING LIGHT HOUSE                  | 20. JURATOAN KAY NISHAN                      |
| 7. TEACHER GUIDE                          | 21. HAQ NAWAZ KIYANI SHAHEED SITARA-E-JURAT. |
| 8. 100 PROGRAMMES FOR TEACHER ORIENTATION | 22. AKRAM SHAHEED NISHAN-E-HAIDER            |
| 9. 100 CHARACTER BUILDING PROGRAMMES.     | 23. DASTAN-E-ILM-O-AMAL (VOLUME-I)           |
| 10. CHARACTER BUILDING MODULE             | 24. DASTAN-E-ILM-O-AMAL (VOLUME-II)          |
| 11. HAYAT-E-QUAID-E-AZAM                  | 25. CHIRAGON KI QATAAR.                      |
| 12. GUFTAR-O-KIRDAR-E-QUAID-E-AZAM        | 26. CHARACTER BUILDING AND PUBLIC SPEAKING.  |
| 13. GUFTAR-O-KIRDAR-E-SIR SYED.           | 27. PAKISTANIAT AND CHARACTER BUILDING.      |
| 14. TAZKARA-E-IQBAL                       | 28. SHAHEED-E-SIACHIN.                       |

## PREFACE

Sultana Foundation, a major Project of Islah-e-Fikr Educational and Welfare Trust, squarely committed to promote Islam and Pakistan oriented character-education in Pakistan, prepared the Character-building and Personality grooming Module in 1994 on experimental basis. It was in the form of thoughtful bookmarks, motivational message-cards and inspirational brochures now the same is being published in the book form.

The contents of the Module were intended to be both interesting and thought-provoking, therefore a new style of communication, that of free verse was adopted. This English version of the Module, in a way, a complement to the main work in Urdu, has two parts. Part One under the caption: "Character Orientation", contains material for the students and Part Two under the caption: 'Teacher Education' offers material for the teachers, especially the new ones.

It is suggested that the Module-items may be preferably used in the Morning Assembly to promote awareness of fundamental character values and attitudes. The same can be used as public-speaking exercises to build up confidence and communication skills. Teachers, parents, educationists and those interested in personality development, are requested to comment on both the content and the style of this Module so that it could be improved upon in later editions.

Lastly, I should like to whole-heartedly thank Dr. Laeeq Mirza, a renowned psychologist, for writing a very perceptive Foreword to this Collection. God bless him.

Saeed Rashid

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PART I**Character Orientation****(a) Book Marks**

- \* Pakistan Song
- \* Love Pakistan Serve Pakistan
- \* Long Live Pakistan
- \* The Quaid Said
- \* Courage
- \* Freedom
- \* Discipline
- \* Fruits of Discipline
- \* Quality Quest
- \* Thought of the Day
- \* Self-image of a Muslim Boy
- \* Self-image of a Muslim Girl
- \* School Prayer
- \* School Moral Code
- \* School Pledge
- \* Good Manners
- \* My Self-image
- \* I am a Sultanian
- \* Thank you Sultana Foundation
- \* Song of the Sultanians

## PAKISTAN SONG

Fair and fine  
Pakistan

Pure and peaceful  
Pakistan

Great and strong  
Pakistan

Fortress of Islam  
Pakistan

Laboratory of Islam  
Pakistan

Zindabad  
Pakistan

Paindabad  
Pakistan

## LOVE PAKISTAN SERVE PAKISTAN

Think aright  
 Speak aright  
 Do the right  
 And  
 Do it well  
 Love Pakistan  
 Serve Pakistan

Work hard  
 Play hard  
 On time  
 And  
 Waste no time  
 Love Pakistan  
 Serve Pakistan

Keep the candle  
 Burning  
 Spread the light  
 Far and wide  
 Let Pakistan be  
 Full of light  
 Love Pakistan  
 Serve Pakistan

Be fair to all  
 Be he  
 A friend or foe  
 Give each  
 His due  
 Be he  
 Big or small  
 And be  
 Kind to  
 Every one  
 Love Pakistan  
 Serve Pakistan

Plant the plants  
 Water the trees  
 Keep the place clean  
 And the earth  
 Ever green

Learn to  
 Tolerate  
 Learn to  
 Co-operate  
 And  
 Face the difficulties  
 With a smiling face  
 Love Pakistan  
 Serve Pakistan

To be healthy  
 Is  
 To be good  
 To be happy  
 Is  
 To be good  
 To be strong  
 Is  
 To be good  
 To be bright  
 Is  
 To be good  
 Be good  
 Do good  
 Make Pakistan  
 Good  
 Love Pakistan  
 Serve Pakistan  
 Zindabad Pakistan  
 Paindabad Pakistan

## LONG LIVE PAKISTAN

Home! sweet home!  
 Pakistan is my home.  
 A big sweet home!  
 I like my Pakistan.  
 I love my dear Pakistan.  
 Long live, Pakistan,  
 Long live, Pakistan!

Pakistan is my dear country,  
 Bright and beautiful.  
 Pakistan is my dear country,  
 Pure and peaceful.  
 I love the beloved land of Pakistan.  
 I love the scented dust of Pakistan.  
 Zindabad Pakistan.  
 Paindabad Pakistan.

Pakistan is my never-failing hope.  
 I'm the future hope of Pakistan.  
 Pakistan is my ever-lasting pride.  
 I'm the future pride of Pakistan.  
 The whole of Pakistan would be  
 Proud of me,  
 One day.  
 Insha-Allah! Insha-Allah!



## THE QUAID SAID

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>* Work, Work and Work</li> <li>* March on. March on</li> <li>* Unity, Faith, Discipline</li> <li>* Discipline first</li> <li>* Build up the character</li> <li>* Knowledge is light</li> <li>* Knowledge is power.</li> <li>* Pen is stronger than sword.</li> <li>* Pakistan is a fortress of Islam</li> <li>* Pakistan is a laboratory of Islam</li> <li>* Islam is the sheet-anchor of Pakistan</li> <li>* Islam is a code of life.</li> <li>* Tolerance and good-will for all</li> <li>* One God, One Book</li> <li style="padding-left: 20px;">One Prophet, One Nation</li> <li>* Pakistan is a means to an end</li> <li>* Pakistan has always been there</li> </ul> | <ul style="list-style-type: none"> <li>* Money is lost, nothing is lost</li> <li>Courage is lost, much is lost,</li> <li>Honour is lost, most is lost,</li> <li>* Soul is lost, all is lost.</li> <li style="padding-top: 10px;">* The one who values himself, values time</li> <li>* Hope for the best.</li> <li>Be prepared for the worst.</li> <li>* Service before self</li> <li>* Build quickly and well</li> <li>* Clean in thought, word and deed</li> <li>* Quaid-e-Azam said to the students,</li> <li style="padding-left: 20px;">"You are real makers of Pakistan"</li> <li>* Quaid-e-Azam said to the students</li> <li style="padding-left: 20px;">"Many Jinahs will arise from amongst you"</li> <li>* Quaid-e-Azam said,</li> <li style="padding-left: 20px;">"I'm a soldier of Pakistan"</li> </ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**COURAGE**

O, God !  
Give me courage  
To find  
The truth

O, God !  
Give me courage  
To tell  
The truth

O, God !  
Give me courage  
To face  
The truth

O, God !  
Give me courage  
To live  
With the truth

I can  
I will

## FREEDOM

To be free  
Is  
To be free to choose  
To choose better  
Is  
To think better  
And  
To think better  
Is  
To be better educated  
Education and freedom  
Go together  
Always and everywhere

Education promotes  
Responsibility  
and  
Responsibility  
Protects freedom  
Always and everywhere

To be free  
Is  
To be responsible  
To be more free  
Is  
To be more responsible  
Always and every time  
Deep down  
In responsibility  
Lie  
The roots of  
Freedom  
Always and everywhere  
The finest fruit  
That  
Responsibility bears  
Is  
Freedom  
Always and everywhere

## DISCIPLINE

To be healthy is  
To be disciplined  
To be happy is  
To be disciplined  
To be  
A man of honour is  
To be disciplined  
To be  
A man of character is  
To be disciplined  
To be able to reach  
The top of excellence is  
To be disciplined  
To be a nation  
Great and strong is  
To be disciplined  
To be free is  
To be disciplined  
Like twins  
Discipline and freedom  
Grow together  
Always and everywhere  
Discipline comes from  
Values and will  
Discipline is  
To be able to manage  
Time and direction  
Always and every time  
At the root of all good  
That comes to man lies  
Discipline  
Always and everywhere

## FRUITS OF DISCIPLINE

What is a Song?  
Discipline of  
Sounds

What is a Painting?  
Discipline of  
Lines and Colours

What is Character?  
Discipline of  
Values

What is Health?  
Discipline of  
Living Habits

What is Happiness?  
Discipline of  
Thinking and Feeling

What is Success?  
Discipline of  
Time and Direction

What is Progress?  
Discipline of  
Priorities

What are Priorities?  
Discipline of  
Wants and Needs

---

\* A tree depends upon its roots. A man depends upon his heart.



## QUALITY QUEST

He lives most  
Who thinks most,  
Feels the noblest.  
And acts the best

## SOW AN ACT

Sow a Thought, and you reap an  
Act  
Sow an act, and you reap a  
Habit,  
Sow a Habit, and you reap a  
character  
Sow a Character, and you reap  
a destiny

(SAMUEL SMILES)

## LIFE'S BATTLES

Life's battles don't always go  
To the stronger or faster man,  
But soon or late the man who  
wins  
Is the man who thinks he can.

## IT'S ALL IN THE STATE OF MIND

If you think your are beaten  
You are !  
If you think, you dare not,  
You don't

If you like to win but you think,  
You can't  
It is almost certain, you won't.  
If you think you will lose,  
You are lost:

For out of the world, we find  
Success begins with a fellow's  
will  
It's all in the state of mind.

## GOOD BETTER BEST

Good better best  
Never let it rest  
Until the good becomes better  
And the better becomes the best

## TO BE THE BEST,

To be the best  
I must want to be the best  
And never settle for anything  
Less than the best  
To be the best  
I must make most  
Of each situation,  
Opportunity and test  
To be the best,  
I must give my best  
To those who give me their best.

**THOUGHT OF THE DAY**

For  
Every enemy  
There  
Is  
A friend

It  
Is  
Far more  
Honourable  
To fail  
Than  
To cheat

Learn  
To be  
Gentle  
With the  
Gentle  
And  
Tough  
With the tough

Learn  
To laugh  
When  
You are  
Sad

Have faith  
In your own  
Ideas  
Even if  
Every one says  
They are wrong

Steer  
Yourself  
Away  
From  
Jealousy  
If you can.

Learn  
To lose  
And  
Also  
Enjoy  
Winning.

Only  
The test  
Of fire  
Makes  
Fine steel

(Adapted from a letter  
of Abraham Lincoln)

## **A MUSLIM BOY (SELF-IMAGE)**

I'm  
A Muslim boy  
Be it  
Day  
Or night  
I'm  
Always  
One the move  
In search of  
Light

I'm  
A Muslim  
Boy  
Caring and sharing  
I am

A healing  
Heart  
I have  
Be it  
Day  
Or night  
I  
Move about  
With a  
Healing touch  
In the  
Footsteps of  
Muhammad Rasulullah  
The last Messenger  
Of Allah  
Alhamdo-lillah !

## **A MUSLIM GIRL (SELF-IMAGE)**

I'm  
A Muslim  
Girl  
A pure  
Pearl  
A beacon light  
Be it  
Day  
Or  
Night  
I

Move about  
With light  
All around  
Me

I'm  
A Muslim  
Girl  
Caring and sharing  
I am  
Be it  
Day  
Or  
Night  
I move about  
With a  
Healing touch  
In the  
Footsteps of  
Muhammad Rasulullah  
The last Messenger  
Of Allah  
Alhamdo-lillah !

## SCHOOL PRAYER

O. God,  
Give me clean hands,  
and clean thoughts.  
O. God,  
Help me  
to stand for hard right  
against the easy wrong.

O. God,  
Save me  
from habits that harm.

O. God,  
Teach me  
to work hard and play fair.

O. God,  
Forgive me  
when I am unkind  
and forgive others  
who are unkind to me.

O. God,  
Keep me ready to  
help others,  
and send me chances  
to do good every day.

(Anonymous)



## SCHOOL MORAL CODE

1. I am proud of my school.
2. I am always on the move in search of light.
3. I always pray to Almighty Allah to extend the frontiers of my knowledge.
4. It's my prond obligation to serve Pakistan in whatever way I can.
5. Whatever task I do, I do honestly and responsibly.
6. I have moral courage. I can tell the truth whatever the cost.
7. I am fair and just in all my dealings and I also try to move one step forward, and be kind and self-sacrifcing.
8. I'm grateful to Almighty Allah that I can work hard and wait.
9. I thank Almighty Allah that I can put up with disappointments and that I'm patient and forgiving.
10. In his infinite mercy Almighty Allah has saved me from the hell of jealousy.
11. I cooperate with other only in what is good and just.
12. I keep my thoughts and tongue clean as well as my dress.
13. I always obey my parents.
14. I respect the elders and look after the young ones.
15. I abide by all rules and regulations of my School.

## SCHOOL PLEDGE

Land of our faith, our hope, our pride,  
For whose dear sake our freedom fighters died;  
Beloved Pakistan! we pledge to thee,  
Head, heart, and hand through the years to be!

## GOOD MANNERS

Say 'Bismillah'  
When you begin  
Say 'Alhamdolillah'  
When you finish

Say 'Sorry'  
Say 'Thank you'  
As and when It's due

Take your turn at the table  
At the tuck-shop  
And  
In the class  
Too

Don't nick-name  
It's a shame

Don't tease  
It's being weak  
And  
Rude too  
Be fair in the game  
And firm  
On the promise  
You make  
A promise is  
A word of honour  
You have  
To honour it  
If you make it  
  
Discuss in the class  
What is not clear  
And ask questions to know  
What you do not know

---

\* Standing before a window is far different from standing before a mirror.

## MY SELF-IMAGE

He lives most  
Who thinks most  
I am a Sultanian  
I think most

He lives most  
Who feels the noblest  
I am a Sultanian  
I feel the noblest

He lives most  
Who acts the best  
I am a Sultanian  
I act the best

He lives most  
Who lives in deeds not  
in years  
I am a Sultanian  
I live in deeds not in years

He lives most  
Who lives in thoughts not  
in breaths  
I am a Sultanian  
I live in thoughts not  
in breaths

He lives most  
Who goes in for quality  
I am a Sultanian  
I go in for quality  
And  
I do not rest  
Until  
The good becomes better

And the better becomes the best

He lives most  
Who moves about  
With a healing touch  
I am a Sultanian  
I have a healing heart  
I move about with a  
Healing touch

He lives most  
Who exerts  
Hard and long  
To remove pollution  
I am a Sultanian  
I exert  
Hard and long  
To remove pollution  
From the earth  
And  
From the hearts too

He lives most  
Who loves most  
I am a Sultanian  
I love Pakistan most

He lives most  
Who serves most  
I am a Sultanian  
I serve my fellow men most  
Be they  
Known or unknown

Zindabad Sultana Foundation  
Paindabad Pakistan

## I AM A SULTANIAN

(Self-image)

I am a Sultanian  
Always on the move  
To spread light  
Far and wide

I am a Sultanian  
Clean in thought  
Clean in action  
Always and every time

I am a Sultanian  
Caring and sharing  
Be it day  
Or night

I am a Sultanian  
Pure and peaceful  
Pleasant and cheerful  
And  
Ever hopeful

I am a Sultanian  
Sound in character  
Sound in conduct

Worthy of respect  
Of every one

I am a Sultanian  
I believe

In  
Co-operation  
In  
Sharing

I am a Sultanian  
I love my Foundation  
My dear Alma-mater  
Who has given me  
Both light and love  
In plenty

I am a Sultanian  
Pride of  
My Alma-mater  
Pride of Pakistan

Zindabad  
Sultana Foundation  
Paindabad Pakistan

## THANK YOU SULTANA FOUNDATION

Thank you  
Sultana Foundation  
For showing us  
The way  
To light

Thank you  
Sultana Foundation  
For helping us  
Stand  
On  
Our own feet

Thank you  
Sultana Foundation  
For  
Giving us  
Self-confidence

Thank you  
Sultana Foundation  
For raising  
Our  
Self-image

Thank you  
Sultana Foundation

For  
Exposing us  
To  
Role-models

Thank you  
Sultana Foundation  
For  
Showing us  
How to  
Serve  
Pakistan  
How to  
Serve  
Humanity  
And  
How to  
Move about  
Like a true Muslim  
With a  
Healing touch

Thank you  
Sultana Foundation  
Now  
And  
Forever

## SONG OF THE SULTANIANS

If you want to know  
Who we are  
We are the great Sultanians  
The torch-bearers  
To spread light  
In the darkness  
That is around

If you want to know  
Who we are  
We are the great Sultanians  
Fair and firm  
Ready to serve  
Every one

If you want to know  
Who we are  
We are the great Sultanians  
Pure and peaceful  
Always  
Hearty and cheerful  
Be the tide  
Low or high  
We never tell a lie

If you want to know  
Who we are

We are the great Sultanians  
Faithful and grateful  
With a faith  
In tolerance too

If you want to know  
Who we are  
We are the great Sultanians  
The roving ambassadors  
Of the Foundation  
We move about  
With a message of  
Selfless service  
To all  
Be they young or old  
Known or unknown

If you want to know  
Who we are  
We are the great Sultanians  
The hope of Pakistan  
The hope of the humanity  
At large

Zindabad  
Sultana Foundation  
Paindabad Pakistan

---

\* Learn more, then you will know how much more you need to learn.



## MESSAGE CARDS

- \* If you want to know
- \* From a Father to his Son
- \* Welcome Song
- \* Farewell Song
- \* Birth day greetings
- \* Get-Well Well Wishes
- \* Eid Greetings

## IF YOU WANT TO KNOW

If you want to know  
Who we are  
We are  
The blooming  
Children of Pakistan  
Ever ready  
Ever  
Spick and Span

If you want to know  
Who we are  
We are  
The rising children of Pakistan  
Fair and Firm  
Always ready  
To serve  
Always willing  
To be kind  
To every one

If you want to know  
Who we are  
We are  
The hearty children of Pakistan  
Always patient  
Always polite  
The tide  
Be  
Low or high  
We never tell a lie

If you want to know  
Who we are  
We are  
The cheerful children of Pakistan  
Full of grit  
Full of courage  
And  
With a will  
To hold on  
To weather  
The storms

If you want to know  
Who we are  
We are  
The proud sons of Pakistan  
The promising

Daughters of Pakistan  
Without fear or fright  
Always on the move  
In search of  
Sweetness and light

If you want to know  
Who we are  
We are  
The brave sons of Pakistan  
The dauntless daughters of Pakistan  
Ever ready  
For Pakistan  
To fight on  
Whatever  
The odds  
Whatever  
The price

If you want to know  
Who we are  
We are  
The determined sons of Pakistan  
The dedicated daughters of Pakistan  
In doings and dealings  
You will find us  
Straight  
And upright  
Always and every time.

If you want to know  
Who we are  
We are  
The builders of Pakistan  
The defenders of Pakistan  
The pride of Pakistan  
The hope of Pakistan

If you want to know  
Who we are  
We are  
The future  
Qadeer Khans of Pakistan  
Iqbals of Pakistan  
Quaid-e-Azams of Pakistan

Quaid-e-Azam Zindabad  
Pakistan Paindabad.

## FROM A FATHER TO HIS SON

My dear !  
 Always remember  
 For  
 Every enemy  
 There  
 Is  
 A friend

It  
 Is  
 Far more honourable  
 To fail  
 Than  
 To cheat

I want you  
 To realize early  
 That  
 The bullies  
 Are the easiest  
 To lick

I want you  
 To learn  
 To be  
 To be  
 Gentle  
 With the gentle  
 And tough  
 With the tough

I want you  
 To learn  
 How to laugh  
 When

You are  
 Sad.

I want to tell you  
 There

Is  
 No shame  
 In  
 Tears.

Remember  
 My dear !  
 A dollar  
 Earned  
 Is of far more value  
 Than five found

I want you  
 To learn  
 How to scoff  
 At cynics  
 And  
 Beware  
 Of too much  
 Sweetness  
 As well

I want you  
 To have faith  
 In your  
 Own ideas  
 Even if  
 Every one tells  
 You  
 That  
 They are wrong

I want you  
 To steer  
 Yourself  
 Away from jealousy

If you can.  
 I want you  
 To learn  
 To lose  
 Like a man  
 And  
 Also enjoy  
 Winning

I want you  
 To have  
 Strength  
 Not to follow  
 The crowd.

My advice  
 To you  
 Is  
 Learn  
 To filter  
 All you hear  
 On the screen of truth  
 And  
 Take only  
 The good  
 That comes through.

I want you  
 To always have  
 The sublime faith  
 In yourself  
 Because  
 It is only then  
 You will have  
 Faith  
 In mankind

By all means  
 Read books  
 As many as you can

But  
 Do have  
 Some  
 Quiet time  
 To ponder over  
 The eternal mystery  
 Of  
 Birds in the sky  
 Bees in the sun  
 And  
 Flowers on green hill-side

I want you  
 To realize  
 Only  
 The test of fire  
 Makes  
 Fine steel

I want you  
 To have courage  
 To be impatient  
 When  
 Called for  
 But  
 Have  
 Patience  
 To be brave

I want to tell you  
 By all means  
 Sell  
 Your brain and brawn  
 When it comes to  
 But  
 Never  
 Put a price tag  
 On your  
 Heart and soul.

## WELCOME SONG

My dear son/daughter !

Welcome

To

A bigger home

Happy and hearty.

Welcome

My dear child !

Welcome

To

A larger family

Fair and fine

Welcome

My dear new admission !

To the

Adventure of knowledge

Though

Highly demanding

Yet

Equally rewarding

Too

So

My dear

Future hope of Pakistan !

Inch ahead every day

In search of sweetness and light

Steadily and perseveringly.

My dear

Future pride of Pakistan !

Let your tomorrow

Be better than

Your yesterday

Let your peers,

Your parents,

And

Your school

Be proud of you

One day.

May Allah bless you

My dear \_\_\_\_\_

May Allah bless you

Now and forever.

---

\* Admit that you do not know what you do not know, that is knowledge.

## FAREWELL SONG

A shining star  
Be it in sight or out of sight  
Shines all the same.

A rising star  
Be it in this part of the sky  
or the other  
Spreads the light all the same.

My dear \_\_\_\_\_  
A rising star, you are  
A shining star, you are  
Be it this school or that  
My dear  
Day in and day out  
Go on moving  
In search of light  
And  
Go on spreading  
That light  
Too.

All your class fellows  
All your school fellows  
And  
All your teachers  
At the school  
Sincerely and earnestly

Wish you  
A life of light and delight  
Now  
And  
In years to come  
Our hopes are with you  
As  
You are the future hope of Pakistan.

Our pride is in you  
As  
You are the future pride of Pakistan.

Go on blossoming, my dear !  
From place to place  
Go on shining, my dear !  
From horizon to horizon.

With tears and smiles  
We say :  
Khuda Hafiz to you.

My dear \_\_\_\_\_  
May Allah be with you  
My Allah be with you  
Now  
And  
Forever

## BIRTHDAY GREETINGS

My Dear \_\_\_\_\_

Today  
Is  
Your happy birthday  
The great day  
How wonderful  
Congratulations!  
A thousand times

God  
Bless you  
Today and  
Everyday  
In years to come

We pray  
To God  
The Gracious  
The Kind  
That  
This day  
And every day  
In years to come  
Be  
Full of  
Light and delight  
For you  
And that  
In years to come  
You blossom  
Above all  
Into  
A good human being

An Insan  
To be

Proud of

The longest journey  
Starts  
With the first  
Firm foot  
That moves  
Forward

My dear \_\_\_\_\_  
Inch ahead  
Everyday  
Steadily  
In search of  
Sweetness and light

Move  
From  
Strength to strength  
In  
Character and conduct  
Let your tomorrow  
Be  
Better than your  
Yesterday

God bless you  
Today and every day  
In years to come

Happy birthday  
To you  
And to your dear  
Mom and Dad too.

Yours -----

## GET-WELL WISHES

Dear \_\_\_\_\_

We hear  
You're not well  
How sad!

Your teachers miss you  
'Why is it, our dear ..... not coming to school'.  
Your class-fellows also miss you  
'Where's our fine friend ..... now-a-days?

I miss you too  
Every morning  
When you're not there  
At the school gate  
To shake hands  
With me  
Warmly and cheerfully.

Hope  
To see you  
Soon  
Hale and hearty  
Running around  
Frisking about  
In the school.

Cheer-up, my dear \_\_\_\_\_  
Cheer up  
We all pray for you  
For your early recovery  
For your hearth and happiness  
Now and forever  
My Allah, bless you  
May Allah, bless you  
Now and forever.

Yours \_\_\_\_\_  
Principal



## EID GREETINGS

My dear \_\_\_\_\_

Eid is

A day of

Happiness

And

A day of

Thanks - giving

May it be

A day of

Light and delight

For you

And for

Your dear Mom and Dad too

May Allah

On this day

Of happiness

And

Thanks - giving

Make you happy

And

Make you learn

How to make others

Happy

For

It is only then

You can be happy

Really happy

Today

And all the days

All the year round

May Allah

Bless you

And your dear Mom and Dad too

Now and forever

With

Pleasant Prayers

From

1

1

## ISLAMIC RHYMES

- O Say La ilaha 'ilullah
- O Allah, the Lord of lords
- O Muhammad (PBUH), the Prophet of Peace
- O Quran, the Kitab-e-Huda
- O Islam, the Deen of Adl
- O Prayer, the Shield of Protection
- O Dua, the Door to Divine Grace

## SAY LA ILAHA ILLULLAH

When you feel bad  
And you feel sad  
Say La Ilaha Illullah

Then you won't feel bad  
And you won't feel sad  
Say La Illaha Illullah

Only Allah,  
Only Allah,  
Only Allah,  
Can help you

He is near, He is near  
Do not fear, do not fear  
Only Allah can help you

When you feel bad  
And you feel sad  
Say La Illaha Illullah

Then you won't feel bad  
And you won't feel sad  
Say La Illaha Illullah

(Anonymous)

---

\* The son is always in the mother's heart but the mother is not always in the son's heart.

## ALLAH, The Lord of lords

Our Lord is Allah	Rehman-o-Raheem
Our Lord is Allah	Our Lord is Allah
Who is the	Who is
Lord of lords	Hakeem-o-Aleem
Hakemul Hakemeen	Our Lord is Allah
Hakemul Hakemeen	Who is
Our Lord is Allah	Hakeem-o-Aleem
Who is the	Hakeem-o-Aleem
Lord of lords	Our Lord is Allah
Hakemul Hakemeen	Who is
	Hakeem-o-Aleem
Our Lord is Allah	Our Lord is Allah
Our Lord is Allah	Who is
Who is	Kareem-o-Azeem
Rabbul Aalameen	Kareem-o-Azeem
Rabbul Aalameen	Kareem-o-Azeem
Our Lord is Allah	
Who is Rabbul Aalameen	Our Lord is Allah
The Creator of	Who is
All worlds	Love
The Creator of all worlds	All love
	To
Our Lord is Allah	All
Our Lord is Allah	To all
Who is	Our Lord is Allah
Rehman-o-Raheem	Who is love
Our Lord is Allah	All love
Who is	To
Rehman-o-Raheem	All
Rehman-o-Raheem	To
	All

---

Act in a crisis with calm, and during a calm by thinking ahead of crisis.

## MUHAMMAD - The Prophet of Peace

Muhammad  
The son of Abdullah  
Is the last  
Messenger of Allah  
Peace be upon him  
Peace be upon him

Muhammad  
The son of Abdullah  
Is the last  
Messenger of Allah  
Peace be upon him  
Peace be upon him

It's a name for peace  
A name for peace  
Peace  
For all peoples  
For all times  
For all times  
Peace be upon him  
Peace be upon him

Muhammad, the son of Abdullah  
Is the last messenger of Allah  
The last messenger of Allah  
Peace be upon him  
Peace be upon him

It's a name  
For love  
It's a name for love  
Love for all peoples  
Love for all peoples  
For all times  
For all times  
Peace be upon him  
Peace be upon him

Muhammad, the son of Abdullah  
Is the last messenger of Allah  
Is the last messenger of Allah  
Peace be upon him  
Peace be upon him

It's a name for  
Rehmat  
Is a name for  
Rehmat  
Rehmat  
For all the worlds  
For all the worlds  
Peace be upon him  
Peace be upon him

## QURAN - the Kitab -e- Huda

Pure and perfect	Shifa
Quran is the	For all peoples
Word of Allah	For all peoples
Pure and perfect	Shifa
Quran	For all times
Is the word of Allah	
Quran	Quran is
Is the word of Allah	Kitab-e-Huda
Pure and perfect	Quran is
Quran is the word of Allah	Kitab-e- Huda
The word of Allah	For all peoples
	For all peoples
Quran is	For all times
The last	For all times
Message of Allah	For all times
Quran is	
The last	Quran is
Message of Allah	The Guide
For all peoples	Quran is the Guide
For all peoples	Complete Guide
For all times	Quran is the
For all times	Complete Guide
	For all peoples
Quran is	For all times
Shifa	For all times
Quran is	
Shifa	

## ISLAM - the Deen of Adl

Islam	A message of love
Is	Love
A message of	For all
Light	Peoples
Islam Is	For all
A message of Light	Times
A message of Light	
For all peoples	Islam is a
For all times	Message of
	Hope
Islam is a	Islam is a
Peace	Message of Hope
Islam is a	Hope
Message of Peace	For
Message of Peace	All peoples
For all peoples	For all
For	Times
All times	For all times
Islam is	Islam is
A message of	The Deen of Adl
Love	Deen of Adl
Islam	Islam is the Deen of Adl
Is	Adl
A message of	For all peoples
Love	For all times
	For all times

---

\* In judging people, judge a common man by where he stands in the important things but judge a great man by watching what he does in little things.



## PRAYER - the Shield of Protection

Prayer is a Thanks - giving  
 Prayer is a Thanks - giving  
 Pray we must  
 Pray we must  
 Five times a day  
 Pray we must

Prayer  
 Is a Promise

Prayer  
 Is a Promise  
 Promise of obedience  
 Promise of obedience  
 Pray we must  
 Pray we must  
 Five times a day  
 Pray we must  
 Pray we must

Prayer  
 Is a Protection  
 A shield of protection  
 Protection  
 From all ills  
 Protection from all ills  
 Pray we must  
 Pray we must

Five times a day  
 Pray we must  
 Five times a day  
 Pray we must  
 Pray we must

Prayer is a weapon  
 Prayer is a weapon  
 Weapon  
 Against all evils  
 Prayer is a weapon  
 Against all evils  
 Pray we must  
 Pray we must  
 Five times a day  
 Pray we must  
 Pray we must

Prayer is a Thanks - giving  
 Prayer is a Promise  
 Prayer is a Protection  
 Prayer is a Weapon  
 Pray we must  
 Pray we must  
 Five times a day  
 Pray we must  
 Pray we must

---

\* Be human, and you may realize that you hvae been too critical of others.

## DUA - the Door to Divine Grace

Dua is	With
The door	Alhamdo-Lillah
To divine Grace	
Dua is	With
The door	Alhamdo-Lillah
To divine Grace	
To divine Grace	
	Be it
Dua is	Day or night
The door to	Praise Allah
Divine Grace	
Door to divine Grace	With
	Subhan Allah
Be it	Praise Allah
Day or night	With Subhan Allah
Remember Allah	With Subhan Allah
Remember	
Allah's blessings	Be it
Remember Allah's blessings	Day or night
Remember Allah	Thank Allah
Remember Allah's blessings	With
All the time	Alhamdo Lillah
All the time	Praise Allah
	With
Be it day	Subhan Allah
Or night	With
Thank Allah	Subhan Allah
With	Seek
Alhamdo Lillah	His grace
Remember	Seek His grace
His blessings	All the time
Thank Allah	All the time

## STICKERS

- \* I can, I will
- \* Knowledge is Power
- \* I'm Caring and Sharing

**I CAN  
I WILL**

**KNOWLEDGE  
IS  
POWER**

**I AM CARING  
AND  
SHARING**

PART II  
**TEACHER EDUCATION**

**MESSAGE CARDS**

- \* Take Time
- \* Today
- \* A Lesson from Life
- \* The Choice
- \* A Prayer
- \* Message of Personality
- \* Types of Personality
- \* A Teacher's Self-talk
- \* A Teacher's Prayer
- \* Voice of a Teacher's Self-image.
- \* Thank you, Teacher
- \* Thank you, Sir
- \* The Unknown Teacher

---

\* What is a good man? Simply one whose life is useful to others and a badman is simply one whose life is harmful to others.

## TAKE TIME

Take time to laugh  
It is the music of the soul.

Take time to think  
It is the source of perpetual youth.

Take time to read  
It is the fountain of wisdom.

Take time to pray  
It is the greatest power on earth.

Take time to love and be loved  
It is a God-given privilege.

Take time to be friendly  
It is the road to happiness.

Take time to give  
It is too short a day to be selfish.

Take time to work hard  
It is the price of success.

(ANONYMOUS)

---

\* When you go out, look at the sky: when you enter a house, watch the faces.

**TODAY**

Mend a quarrel  
Search out a forgotten friend  
Dismiss suspicion and replace it with trust  
Share some treasure.  
Give a soft answer.  
Encourage youth  
Manifest your loyalty in a word or deed.  
Keep a promise  
Find the time to Forego a grudge  
Forgive an envy  
Examine your demands on others.  
Think first of someone else  
Appreciate, be kind, be gentle  
Laugh a little more  
Deserve confidence  
Take up arms against malice  
Decry complacency  
Express your gratitude  
Gladden the heart of a child  
Take pleasure in the beauty and wonder of the earth.  
Speak your love. Speak it still again. speak it still once again.

(Anonymous)

---

Humility is a virtue but too much of it bespeaks cunning, too much silence in a man also indicates a designing mind.

## **A LESSON FROM LIFE**

**A child that lives with ridicule, learns to be timid.**

**A child that lives with criticism learns to condemn.**

**A child that lives with distrust learns to be deceitful.**

**A child that lives with antagonism learns to be hostile.**

**A child that lives with affection learns to love.**

**A child that lives with encouragement learns confidence.**

**A child that lives with trust learns justice.**

**A child that lives with praise learns to appreciate.**

**A child that lives with sharing learns to be considerate.**

**A child that lives with knowledge learns wisdom.**

**A child that lives with patience learns to be tolerant.**

**A child that lives with happiness will find love and beauty.**

**(Anonymous)**



## THE CHOICE

You can  
Stay  
Conveniently and comfortably  
As  
You are  
Today

Or  
You can become  
What  
You want to become  
And  
Scale the heights  
That  
You wish to scale  
By  
Building a new  
Self-image  
More positive  
More dynamic

The choice  
Is  
Yours

- 
- \* The wisest man will make a slip; the most stupid man will have a bright idea.

## MESSAGE OF PERSONALITY

Be it	Reaches the hearts and
This profession	minds of his or her class.
Or	Before
That	He or she speaks out
To be effective	His or her
Personality	First word
Counts	In the class
Quite a lot	
	The message of
But	Personality
In case	Is the message
Of a teacher	Of
Personality	One's stream of consciousness
Counts	Of
To a degree	One's heart
That is not	
Easy to calculate	It is this
Or	Silent but unmistakable message
Account for	Of a teacher's personality
	That
	Makes all the difference
The core message	To
Of a	What goes on in the class
Teacher's personality	And outside

## TYPES OF PERSONALITY

### **The Colourless Personality**

If present  
Is not  
Particularly noticed  
And if  
Absent  
Is not especially missed  
With low  
Self-image  
Makes no impact  
And leaves  
No mark  
Upon the mind

### **The Impressive Personality**

Gifted with  
Superior intelligence  
Exceptional talents  
And sharp looks  
And  
Crowned with  
An elegant life style  
Does impress  
Instantly and deeply  
But  
Does not move the heart  
(That's the price one pays for  
the under-developed heart)

### **The Self-centred Personality**

Howsoever  
Bright

Efficient  
And sophisticated  
Puts one  
Subconsciously on alert  
Evokes  
Distrust  
And fills the heart  
With a  
Lingering tension

### **The Radiant Personality**

Ever radiant  
With a  
Touch of  
Glowing grace  
Radiates  
Life and confidence  
And fills the heart  
With light and delight

### **The Inspiring Personality**

Sincere and warmhearted  
Touches the mind  
With  
His on her  
Values and vision  
And  
Reaches the heart  
As an  
Effective role-model  
And stays there  
For ever.

## A TEACHER'S SELF-TALK

He lives most  
Who thinks most  
I'm a teacher  
I think most

He lives most  
Who feels the noblest  
I'm a teacher  
I feel the noblest

He lives most  
Who acts the best  
I'm a teacher  
I act the best

He lives most  
Who lives in deeds,  
Not in years  
I'm a teacher  
I live in deeds,  
Not in years

He lives most  
Who lives in thoughts,  
Not in breaths  
I'm a teacher  
I live in thoughts  
Not in breaths

He lives most  
Who goes in for quality  
I'm a teacher

I go in for quality  
And  
I do not rest  
Until

The good  
Becomes better  
And the better  
Becomes the best.

He lives most  
Who moves about  
With a healing touch  
I'm a teacher  
I've a healing heart  
I move about  
With a healing touch

He lives most  
Who loves most  
I'm a teacher  
I love my pupils most

He lives most  
Who serves most  
I'm a teacher  
I serve Pakistan most

God bless my pupils  
God bless Pakistan.

## A TEACHER'S PRAYER

The Prophet (P.B.U.H.)  
Said  
Knowledge is a treasure  
And the key to it is  
Question  
O, God !  
Give me courage  
To question  
What I know  
And courage  
To question  
To know  
What I do not know.

O, God !  
Give me courage  
Never to stop  
Questioning  
Question is the thing  
Question promotes  
Critical thining  
The end all and be all of  
Education

Iqbal said :  
Collect knowledge  
As well as  
Create  
Knowledge.  
O, God !  
Give me the vision  
To create knowledge.

Teaching is of two types :  
Reproductive teaching  
And creative teaching  
Creative teaching alone  
Is  
Effective.

O, God !  
Give me the will  
To build up  
My teaching skills  
To be a  
Creative teacher.

Teachers are of two  
Kinds :-  
Impressive teachers  
And  
Inspiring teachers  
O, God !  
Show me the light  
To grow  
Into a teacher  
Who inspires  
Who reaches  
The hearts of his/her  
Students.

The Prophet (P.B.U.H)  
Said :

لما بعثت معلما انما بعثت معلما

I have been sent to be a  
Teacher  
Truly  
Teacher is the saviour of  
Mankind  
O, God !  
Bless me  
To be a true teacher  
A role-model !  
A role-model !

O, God !  
Bless me  
Bless me !

## VOICE OF A TEACHER'S SELF-IMAGE

### (A ROLE DESCRIPTION)

On the stage of life  
there are  
More than one roles  
That one plays  
But  
None is  
So divine  
As that  
Of a teacher  
I am sure  
I can play that role  
And play it well  
**I can I will**

In life  
There are  
More than  
One pleasures  
But none  
Is  
More Satisfying  
Than  
The pleasure of  
Creative teching  
Thank God  
I can do  
Creative teaching  
**I can I will**

I know  
The children  
Are there in the school  
To learn to learn  
To learn to think  
To learn to evaluate  
And  
I'am there  
To lead them

To learn all this  
So that  
They build up  
Their personalities  
To live  
Effectively  
And  
I do know  
That  
The children  
Do not learn  
Their values  
From books  
Nor from  
The sermons  
However high-  
sounding  
They learn their values  
Their attitudes  
From none else  
But mostly from me  
I'm their role model  
I'm that  
Invisible curriculum  
That is going to make  
All the difference  
In their lives  
In years to come  
I know  
the difference  
Between  
Wants and needs  
Between  
Position  
and performance  
Between  
Vertical and horizontal  
Movement of career  
I've set

My priorities right  
**I can I will**  
  
It is said  
He lives most  
Who thinks most  
Feels the noblest  
And acts the best  
By the grace of God  
I think most  
Feel the noblest  
And act  
The best  
**I can I will**

Day in  
And day out  
I remind  
Myself  
God has given me  
A grand opportunity  
To show  
my worth  
As an architect  
Of my country  
My dear  
Pakistan  
I won't let  
it be  
Said  
That I  
Did not prove equal  
To the task  
With courage  
And vision  
I can  
Meet this challenge  
**I can I will**

## THANK YOU TEACHER

Thank you, teacher !

For

Leading me

To learn to learn

To learn to think and

To learn

To know

What is right and

What is wrong

Thank you, teacher !

For helping me

Discover

My "Self"

My potential

My limits and limitations

And build up

A positive

Self-image

Thank you, teacher !

For

Encouraging me

To take initiative

As and when called for

And thereby

Build-up

Confidence

Thank you, teacher !

For

Inspiring me

To develop

Moral courage

Courage to find the truth

Courage

To tell the truth

And courage

To face the truth

Thank you, teacher !

For

Promoting

My creativity

And

Divergent thinking

Thank you, teacher !

Again and again

For

Helping me

Develop

The reading habit

That has made

All the difference

In my life now

And which

Will continue to be a source

Of continuing education

And quality improvement

In years to come

Thank you, teacher !

For

Making me understand

Quite early

That

Discipline

Is

Power

Discipline

Is

Freedom

And that

Freedom

Is

Responsibility

Thank you, teacher !  
 For  
 Playing the role-model  
 Of a teacher  
 As an instructor  
 As an educator  
 And  
 As a mentor  
 So effectively  
 So devotedly

Thank you, teacher !  
 For  
 Guiding me  
 To evolve  
 A sense of priorities  
 A pattern of values  
 And  
 Thereby  
 Build-up  
 A creative life-style

Thank you, teacher !  
 For  
 Showing me  
 How to be  
 Caring and sharing  
 How to be  
 Tolerant  
 Patient,  
 Fair, and  
 Firm  
 And  
 How to be  
 Kind to the weak  
 And  
 Strong with the head-strong

Thank you, teacher !  
 For  
 The faith

That you always had  
 The hope that you always  
 Reposed  
 In me  
 In spite of  
 My odd failings  
 And  
 Casual lapses

Thank you teacher !  
 For  
 Helping me to  
 Develop good taste  
 And acquire social graces

Thank you, teacher !  
 For  
 Proving  
 How a timely word of sincere  
 Advice/encouragement  
 Changes the whole course of  
 One's life

Thank you, teacher !  
 For  
 Making me aware of  
 What I owe  
 To my parents  
 To Pakistan, to Islam and  
 To humanity at large

Thank you, teacher !  
 For  
 Giving me  
 A new vision of Pakistan  
 And that of Islam  
 Thank you  
 Teacher  
 Thank you



## THANK YOU, SIR

(Teacher's Day Greetings)

<p>Thank you, teacher!</p> <p>For</p> <p>Helping me</p> <p>Pick up</p> <p>The golden habit</p> <p>The reading habit</p> <p>That</p> <p>Has made</p> <p>All the difference</p> <p>In my life now</p> <p>And</p> <p>which will</p> <p>Lead</p> <p>In years to come</p> <p>To my</p> <p>C.Q.I.</p> <p>(Continuous Quality</p> <p>Improvement)</p> <p>Thank you, teacher</p> <p>For</p> <p>Making me realize</p> <p>In time</p>	<p>That</p> <p>To secure C.Q.I.</p> <p>Managing</p> <p>Time</p> <p>And</p> <p>Direction</p> <p>Counts most</p> <p>Thank you, teacher!</p> <p>For grooming my</p> <p>Critical thinking</p> <p>The key</p> <p>To</p> <p>Creative living</p> <p>Thank you, teacher!</p> <p>For</p> <p>Building up</p> <p>My self-image</p> <p>Thank you,</p> <p>My great teacher!</p> <p>Thank you,</p> <p>Now</p> <p>And forever</p>
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## THE UNKNOWN TEACHER

Sing the praise of the unknown teacher. Great generals win campaigns, but it is the unknown soldier who wins the war. Famous educators plan new systems of pedagogy, but it is the unknown teacher who directs and guides the young. He lives in obscurity and contends with hardships. For him no trumpets blare, no chariots wait, no golden decorations are decreed. He keeps the watch along the borders of darkness and makes the attack on the trenches of ignorance and folly. Patient in his daily duty, he strives to conquer the evil powers which are the enemies of youth. He awakens sleeping sprits. He quickens the indolent, encourages the eager, and steadies the unstable. He communicates his own joy in learning and shares with students the best treasures of his mind. He lights many candles which, in later years, will shine back to cheer him. This is his reward, Knowledge may be gained from books, but the love of knowledge is transmitted only by personal contact. No one has ever deserved better of the republic than the unknown teacher. No one is more worthy to be enrolled in a democratic aristocracy, "king of himself and servant of mankind."

(Henry Van Dyke)

**Brochures**

Exercises in Critical Thinking

Words of Wisdom

Giving is Receiving

Question of the Day

- 
- Praise a man at his back and not to his face. He will really appreciate it when he hears it.

## EXERCISES IN CRITICAL THINKING

- \* I think therefore I am. (Descartes)
- \* Other species do not change. Man has transformed both the world and himself. His specific quality is purposeful change through thought. (Gilbert Height)
- \* That those that think must govern those that toil. (Goldsmith)
- \* Imagination is more important than knowledge for knowledge is limited to all we know and understand while imagination embraces the entire world and all there will be to know and understand. (Einstien).
- \* Imagination rules the world. (Napoleon)
- \* Knowledge is the highest virtue and all vice is ignorance. No man knowingly does evil. (Socrates)
- \* Wrong aries from ignorance. (Socrates)
- \* The unexamined life is not worth living (Socrates)
- \* To understand all is to forgive all (French Proverb).
- \* It is a luxury to be understood. (Somerset Maugham).
- \* Seek to understand before seeking to be understood. (R.Covey)
- \* As he thinks in his heart, so he is. (Old Testament)
- \* We believe much, know little. (Rousseau)
- \* A man of great knowledge writes simply, a man of great wealth dresses simply, and a man of great understanding lives simply.
- \* There is a statue in every piece of marble. (Aristotle)
- \* Education makes a people easy to lead, difficult to be governed and impossible to be enslaved.
- \* A good teacher is not a candle-bearer, he is a candle himself.
- \* Man is the measure of all things. (Sophists)

- \* Proper study of mankind is man. (Alexander Pope)
- \* They also serve who only stand and wait. (Milton).
- \* To err is human, to forgive divine. (Alexander Pope).
- \* All sufferings have their rewards (Mark Twain).
- \* The retribution may follow late after the offense, but follow it must because it accompanies it. Crime and punishment grow out of the pleasure which conceded it. Cause and effect, means and ends, seeds and fruits can not be severed, for the effect already blooms in the cause, the end preexists the means, the fruit is in the seed. You cannot do wrong and get away with it. The thief only steals from himself. (Emerson).
- \* With malice toward none, with charity for all. (Abraham Lincoln).
- \* Only the actions of the just smell sweet and blossom in their dust.
- \* You can fool some of the people all the time and all of the people some of the time, but you can not fool all of the people all the time. (Abraham Lincoln)
- \* Ripeness is all (Shakespeare)
- \* To be happy is to be good. (Bertrand Russell)
- \* Power corrupts and absolute power corrupts absolutely (Lord Acton)
- \* I disapprove of what you say but I will defend to death your right to say it. (Voltaire)
- \* So many deeds cry out to be done always urgently. The world rolls on. Time passes, seize the day, seize the hour. (Moatze Tung).
- \* Character is caught rather than taught.
- \* A habit is ten times nature.
- \* The end is where we start from. (T.S. Eliot).
- \* He drew a circle that shut me out. But I love, I had the wit to win. I drew a circle that let him in. (Edwin Markham).

- \* Every advantage has its tax. (Emerson).
- \* Our strength grows out of our weakness. Every man in his life time needs certain compensations. Nature thus balances every gift and defect. (Emerson).
- \* Not deciding is deciding.
- \* Necessity is the argument of tyrants, it is the creed of slaves. (William Pitt)
- \* Do what you can, with what you have and wherever you are.
- \* There are more ways to communicate feelings than with words.
- \* You cannot improve the speech without improving the person. (George Bernard Shaw)
- \* A hundred times every day I remind myself that my inner and outer life depends on the labours of other men living and dead, and that I must exert myself, to give in the same measure as I have received and am still receiving. (Albert Einstein).
- \* Reason functions when it controls functions.
- \* Trust begets trust, Fear escalates fear.
- \* Fear and distrust overperceive the danger, trigger defensive behaviors and escalate tension.
- \* When trust is high relative to fear, people and systems function well.
- \* Trust is a releasing process. It frees one's creativity, allows one to focus one's energy on creating and discovering rather than on defending.
- \* There are times in our lives when imbalance is balance, when a short over focus, contributes to our overall mission in life.
- \* The secret of happiness is this; let your interests be as wide as possible and let your reactions to things and persons that interest you, be as far as possible friendly rather than hostile. (Bertrand Russell).

- All happy families resemble one another but each unhappy family is unhappy in its own way. (Tolstoy).
- Each role is vitally important. Success in one role cannot justify failure in another. Success or failure in any role contributes to the quality of every other role. (First Things First)
- To strive, to seek to find and not to yield. (Tennyson).
- We, who are undefeated because we have gone on trying.
- Life's battles don't always go to the stronger or faster man, but soon or late the man who wins, is the man who thinks he can.
- Self-image is the base, the foundation on which is built your entire personality, behaviours and even circumstances.

Self-image is of utmost importance because we can not be more effective, more successful, better coordinated, more creative or more anything other than what our self-image says we are.

- Self-image controls our entire potential such as intelligence, attitudes, performance, will power, effort, ingenuity or aptitudes. The behaviour is entirely dependent on self-image through our sub-conscious
- By using positive imagination a new subconscious picture of ourselves, the self-image, can be created.
- Self-image is not confined to individuals alone. Organizations, teams, armies, nations etc., all have self-image.
- Two roads diverged in a wood and I took the one less travelled by. And that made the difference. (Robert Frost)

- 
- Learning is like paddling a canoe against the current, it recedes if it does not advance.

## WORDS OF WISDOM

### (Gleanings from the Chinese Literature)

- \* You can deceive your seniors but not your juniors.
- \* Do a hasty thing slowly.
- \* Learn more, then you will know how much more you need to learn
- \* Do not condone a small evil. Do not pass by a small courtesy.
- \* One word can save a nation, one word can also destroy a nation.
- \* A man in a hurry has no wisdom.
- \* The wisest man will make a slip; the most stupid man will have a bright idea.
- \* One heart can not serve two.
- \* Fires and floods have no preference for persons.
- \* When you go out, look at the sky; when you enter a house, watch the faces.
- \* A needle is not sharp at both ends.
- \* Getting up early in the morning is like gaining a whole day.
- \* Learning is like paddling a canoe against the current, it recedes if it does not advance.
- \* We are all born the same way but one can die in a hundred different ways.
- \* If one word does not suffice, a thousand are wasted.
- \* He who always says he is right, never thinks.
- \* In judging people, judge a common man by where he stands in the important things but judge a great man by watching what he does in little things.



- \* Words over the pillow may be lost once but not twice.
- \* Water flows downward not upward.
- \* Shake one branch and ten branches will also shake with it.
- \* The softer the mud, the deeper one digs.
- \* Sea food is not salty although it comes from sea.
- \* Standing before a window is far different from standing before a mirror.
- \* A tree depends upon its roots. A man depends upon his heart.
- \* The son is always in the mother's heart but the mother is not always in the son's heart.
- \* Act in a crisis with calm, and during a calm by thinking ahead of crisis.
- \* Be human. and you may realize that you have been too critical of others.
- \* Humility is a virtue but too much of it bespeaks cunning, too much silence in a man also indicates a designing mind.
- \* Praise a man at his back and not to his face. He will really appreciate it when he hears it.
- \* Do not be slow to correct a mistake.
- \* Do not worry that people do not know you. Worry that you may not be worth knowing.
- \* What is a good man? Simply one whose life is useful to others and a badman is simply one whose life is harmful to others.
- \* Admit that you do not know what you do not know, that is knowledge.
- \* A great man is one who has not lost the heart of a child.

- \* There is quite difference between "I can not do it and I won't do it." Usually it is the latter.
- \* Everybody dies. How he dies is important. Sometimes a death has the weight of a mountain, sometimes it is lighter than a feather.
- \* Beware of a man who is always doubtful when he hears something good about a man but is quick to believe something bad.
- \* One must try to be good but not goody - goody. One must be realistic in understanding the world's ways but idealistic in one's motives and actions.
- \* Do unto others as you would have others do unto you. But better do not expect others to do unto you what you would do unto others.
- \* A man is difficult to know but a man who is too easy to know is not much worth knowing either.
- \* Forgive your servants when they offend you. Do not forgive them when they offend others.

(The Importance of Understanding by Lin Yu Tang)

- 
- \* We are ~~all born~~ the same way but one can die in a hundred different ways.

## GIVING IS RECEIVING

- \* What makes life worth living.  
Is our giving and forgiving
- \* Giving with cheerfulness is the way.  
To security and happiness.
- \* Life is richer when we give  
Love is sweeter when we share  
And heavy loads rest lightly when we have learned to bear.
- \* Giving requires good sense.
- \* The manner of giving is worth more than the gift.
- \* The giving of love.  
Is an education itself
- \* Rich gifts wax poor when the givers prove unkind. (Shakespeare)
- \* A friend is a present you give to yourself.
- \* The greatest of giving is the giving of hope.
- \* He who wants to do a great deal of good at once will never do anything.
- \* He gives double who gives un-asked.
- \* Charity for all.  
  
Malice toward none (Abraham Lincoln)
- \* He gives twice who gives quickly.
- \* It is not enough to give to others.  
Also let others give to you.
- \* Give whatever you can - your time, your care, your love.
- \* Remember, when you sincerely give  
you may be starting a chain of giving.

- \* Everyone of us has something or the other to give.
- \* He that giveth should never remember, he that receives should never forget (Bible).
- \* Giving grudgingly is no giving.
- \* The gift of things is never as precious as the gift of thoughts.
- \* To receive a present handsomely and in the right spirit, even when you have none to return is to give one in return.
- \* We give of ourselves when we give gifts of the mind ideas, dreams, purposes, principles, plans, inventions, projects, poetry etc.
- \* Do all the good you can  
By all means you can  
In all the ways you can  
In all the places you can  
At all the times you can  
To all the people you can  
As long as ever you can.

- 
- \* Do not worry that people do not know you. Worry that you may not be worth knowing.

## QUESTION OF THE DAY

1. Do you know how pearls are formed?
2. Do you know how bats see in the dark?
3. Do you know what food chain is?
4. Do you know why the trees do not grow above the tree line on mountain tops?
5. Do you know why birds preen themselves?
6. Do you know where it would be difficult to drain?
7. Do you know what fossils are?
8. Do you know why birds eggs are shaped the way they are?
9. Do you know why birds have different beaks?
10. Do you know how trees draw up water?
11. Do you know what carnivorous plants are?
12. Do you now what a shooting star is?
13. Do you know why birds swallow pebbles?
14. Do you know how birds fly?
15. Do you know how water can break rocks?
16. Do you know how to tell the age of a fish?
17. Do you know why insects are attracted to light.
18. Do you know why animals eyes shine in the dark?
19. Do you know what a light year is?
20. Do you know where stars come from?
21. Do you know what is delicate balance of nature?
22. Do you know what the green house effect is?
23. Do you know why people are worried about the ozone layer?
24. Do you know what bio-diversity is?
25. Do you know why we feel thirsty?
26. Do you know when people stop growing?
27. Do you know that blood is not always red?

28. Do you know why we smile?
29. Do you know why we dream?
30. Do you know why people have skins of different colours?
31. Do you know where your body stores its energy?
32. Do you know how we hold things?
33. Do you know why we must sleep?
34. Do you know why we have warm bodies?
35. Do you know why we have nerves?
36. Do you know what skin is made of?
37. Do you know what colour blindness is?
38. Do you know why we need to breathe?
39. Do you know how teeth are formed?
40. Do you know why we have kidneys?
41. Do you know why you cannot breathe and swallow at the same time?
42. Do you know what plasma is?
43. Do you know why some people have flat feet?
44. Do you know why we grow old?
45. Do you know that ice can burn you?
46. Do you know how we taste food?
47. Do you know why we have eye-brows?
48. Do you know why injured joints swell up?
49. Do you know how broken bones mend themselves?
50. Do you know what is wrong with watching T.V in a dark room?
51. Do you know what ECG is?
52. Do you know why you turn pale when frightened?
53. Do you know why onions make you cry?
54. Do you know what vitamins your body needs?
55. Do you know what a watt is?
56. Do you know why teenagers get pimples?

57. Do you know why colours fade in sunlight?
58. Do you know why frozen foods last longer?
59. Do you know what hard water is?
60. Do you know why you see rainbow in the sky?
61. Do you know how a water tap works?
62. Why is the sky blue?
63. Why is it red at sunset?
64. Why does the rising moon look so big?
65. What is moonlight?
66. Why does the shape of the moon change?
67. Why is there a moon in day time?
68. What are the shadows on the Moon?
69. Why do the stars twinkle?
70. Why cannot we see stars during day time?
71. What are comets?
72. Why don't stars have names?
73. Why don't stars fall from the sky?
74. Why does sea water taste salty?
75. Why are there waves?
76. Why is the sea blue?
77. What causes hot springs?
78. What don't trees grow in the desert?





## Special Supplement

### **GUIDANCE**

- |    |                       |                 |
|----|-----------------------|-----------------|
| 1. | Good Manners          | (Junior School) |
| 2. | Personal Safety       | (Junior School) |
| 3. | Personal Hygiene      | (Junior School) |
| 4. | In search of Guidance | (Senior School) |

### **(b) PROSE POEMS**

- |    |                             |
|----|-----------------------------|
| 1. | Learn to Labour and to Wait |
| 2. | Do not Look Back            |

**GOOD MANNERS**

(in and around the class)

Q. Do you stand in a queue whenever it is due?

A. Yes, I always stand in a queue.

Q. Do you take your turn in a queue?

A. Yes, I always do that.

Q. Do you ever throw the wrappers around?

A. No, I never throw the wrappers here and there.

Q. Where do you put the wrappers/peelings?

A. I throw them into the dustbin.

Q. Where do you put the pencil shavings?

A. I put the pencil shavings into the dustbin.

Q. Do you know how to hand over a pencil or pen to anyone?

A. Yes, I know. The pointed side is always down.

Q. Do you know how to give a pen to a teacher?

A. Yes, I know.

Q. How do you do that? Is it with the cap off or on?

A. It's with cap off and up side down.

Q. Do you know, how to return a pen after using it?

A. Yes, I know. First I replace the cap.

Q. Do you say, 'Sorry' when it is due?

A. Yes, I do.

Q. Do you say, 'Excuse me', when it is due?

A. Yes, I always say 'Excuse me' when it is due.

Q. Do you say 'Thank you' when it is due?

A. Yes, I always say, 'Thank you' when it is due.

Q. Do you nick name any boy?

A. No, I never do that.

Q. Do you ever laugh at a class fellow who has made a mistake in the class?

A. No, I never do that. It's very rude.

- Q. Do you laugh at any one who is punished in the class/home?
- A. No, it's very rude. I never do that.
- Q. Do you ever tease anyone who is hard of hearing?
- A. No, I never do that.
- Q. Do you ever tease anyone who uses a hearing-aid?
- A. No, I never do that. It's very rude.
- Q. Do you ever tease anyone who wears glasses?
- A. No, I never do that.
- Q. Do you ever tease anyone who has a problem in walking or talking?
- A. No, I never do that. Instead, I help if I can.
- Q. Do you ever cut short anyone when he is talking?
- A. No, I don't do that. It's very rude.
- Q. Do you take your turn in asking a question?
- A. Yes, I always do.
- Q. Do you ever start asking a question in the class while some one else is already asking or answering a question?
- A. No, I never do that.
- Q. What do you say when you want the teacher to repeat what you have not heard properly or missed?
- A. Then I say, I beg you pardon Sir/Madam.
- Q. Do you ever ask the teacher what page to open the book at?
- A. No, I never do that. I know it is very rude.
- Q. Do you ever start doing the work of any other subject while the teacher is still teaching her/his subject in the class.
- A. No, I never do that.
- Q. Do you ever start sharpening the pencil while the teacher is teaching?
- A. Doing so distracts the attention. I never do that.

- Q. Do you ever secretly pass on a paper or anything to a class fellow while the teacher is teaching?
- A. It's bad manners and bad discipline. I never do that.
- Q. What do you say if you have to disturb the teacher when he or she is busy?
- A. I say 'Excuse me' Sir/Madam.
- Q. Do you ever close your book or stop writing as soon as the bell goes while the teacher is still teaching?
- A. No, I never do that.
- Q. Do you start fidgeting as soon as the bell goes while the teacher is still teaching?
- A. No, I never do that.
- Q. Do you ever try to move out from class before the teacher goes out at the end of a period?
- A. No, I don't do that.
- Q. Who should move out first at the end of a period , boys or girls?
- A. Let the girls move out first.
- Q. Should the girls enter the class room last?
- A. Yes, It's their privilege, of course, but before the teacher.

### ON THE PLAY-GROUND

- Q. Do you get to the play ground in a line?
- A. Yes, I do.
- Q. Do you come back from there in a line?
- A. Yes, I do.
- Q. Do you push anybody while playing?
- A. No, I never do that.
- Q. Do you always take your turn at the swings etc?
- A. Yes, I always take my turn at the swings etc.
- Q. Do you trip anyone while playing?

- A. No, I never do that.
- Q. Do you ever question the decision of the referee?
- A. No, I never do that. It's very rude.
- Q. Do you clean your dusty shoes before entering the class room?
- A. Yes, I always do that.

### IN THE VAN OR THE BUS

- Q. Who should get into the van first, the boys or girls?
- A. Let girls get in first.
- Q. Who should get down from the van first?
- A. Again let the girls get down first.
- Q. Who should get into the van/bus first, the big ones or little ones?
- A. Let the little ones get into van or bus first.
- Q. Who should get down first?
- A. Let the little ones get down first.
- Q. Do you ever stick out your hand, head or legs from the van?
- A. No, I never do that.
- Q. Do you ever spit in the van?
- A. I never do that
- Q. Do you ever write anything inside the van?
- A. No, I don't do that.
- Q. Do you ever push any one out from the van?
- A. No, I never do that.
- Q. Do you ever wave to anyone while sitting in the van?
- A. No, I don't do that.

### PERSONAL HABITS

- Q. Do you ever pick your nose in the class or in public?

A. No, I never do that.

Q. Why not?

A. Because, it's very bad manners and

Q. And what?

A. And very unhygienic too.

Q. Do you ever cough without covering your face?

A. No, I never do that. I always cover my face.

Q. With what?

A. With a hanky or with a tissue.

Q. If the hanky is not there then?

A. If hanky is not there, then with my hand.

Q. Do you ever sneeze without covering your nose?

A. I never do that. I always cover my nose.

Q. With what?

A. With a hanky.

Q. If the hanky is not there.

A. With a tissue.

Q. And if a tissue is not there?

A. I cover my nose with my hand when even the tissue is not there.

Q. What do you say when you have sneezed?

A. I say, 'Alhamdolillah'.

Q. What do you say when somebody else has said 'Alhamdolillah' after sneezing?

A. Then I say, 'Yerhamokallah'.

Q. Do you ever clean your nose with your bare hands when your nose is running?

A. I never clean my running nose with my hands.

Q. Do you clean your running nose with a hanky?

A. Yes, I do.

Q. Do you clean your nose in the open?

A. No, I never do that.

PERSONAL SAFETY

Q1. Do you ever bring a razor blade, kitchen knife, fork, or scissors to the class?

A. No, I never bring these things to the class.

Q2. Do you ever poke your finger into the electric fittings of the class?

A. No, I never do that.

Q3. Do you ever pull the chair from behind any one when he/she going to sit?

A. No, I never do that. He/She may have a bad fall.

Q4. Do you ever hit any of your class fellows on the knuckles with a ruler as a joke?

A. No, I never do that.

Q5. Do you ever throw pencils at each other?

A. No, I don't do that.

Q6. Do you ever hold a paper-pin between your lips?

A. No, I never do that. It may slip inside.

Q7. Do you ever poke your finger, pencil or hairpin into your mouth?

A. No, I never do that.

Q8. Do you always replace the cap of your pen after using it?

A. Yes, I I always do that.

Q9. Do you ever run across the class over the top of the desks?

A. No, I never do that.

Q10. Do you ever try to get in or out of the class through the windows?

A. No, I never try to do that.

Q11. Do you take your turn to come in or move out from the class?

A. Yes, I always take my turn.

Q12. Do you ever play practical jokes?

A. No, I never do that.

### **Safety in the School-yard.**

Q1. Do you pull each other by the shirt from behind?

A. No, I don't.

Q2. Do you push anyone from behind?

A. No, I never do that. He may have a bad fall.

Q3. Do you stand in front or behind the swings?

A. No, I don't. I could get hurt.

Q4. Do you throw banana peels on the ground?

A. No, I don't.

Q5. Do you trip anyone up, while he is walking or running?

A. No, I never do that. He may have a bad fall.

Q6. Do you wait for your turn on the slide?

A. Yes, I do.

Q7. Do you walk tip-toe on brick-railing?

A. No, I don't.

Q8. Do you climb the trees around?

A. No, I don't.

Q9. Do you run around with loose shoe-laces?

A. No, I don't.

Q10. Do you ever tie your shoe laces together and try to jump?

A. No, I don't do that.

Q11. Do you run about with a sweet or toffee in your mouth?

A. No, I don't, I could choke.

Q12. Do you ever taste wild fruit while out on a picnic?

A. No, I never do that.



## Safety on the Road.

Q1. Do you run about after each other while walking on the road?

A. No, I never do that.

Q2. Do you walk on the road hand in hand with your friends?

A. No, my friends and I never walk together that way.

Q3. Which way you look while walking on the road: right, left or in front?

A. In front.

Q4. Do you ever try to read sign boards of the shops around while walking on the road?

A. No, I don't do that.

Q5. Do you start watching cars and their models while walking on the road?

A. No, I don't do that.

Q6. Do you walk on the pavement if there is any?

A. Yes, I always walk on the pavement, if there is any.

Q7. Do you know which side of the road to walk along?

A. Yes, I do.

Q8. Which side is it?

A. We always walk to the right of the road.

Q9. Where from do you have to cross the road?

A. At the zebra-crossing.

Q10. What does the green signals mean?

A. It means the road is clear, go ahead.

Q11. What does the yellow signal means after the red light?

A. It means: get ready, the road is about to be clear.

Q12. What does the red light mean?

A. Red light means: Stop and wait. Road is not clear.

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Q13. Do you ever run after a moving carriage to get into it?

A. No, I never do that.

Q14. Do you stick out your foot from a moving van?

A. No, I never do that.

Q15. Do you ever try to stand on the foot-board of a moving van?

A. No, I never do that. It could be very dangerous.

Q16. Do you cycle in a zigzag on the road?

A. No, I never do that.

Q17. Do you lock the door of the car?

A. Yes, after getting in, I lock the door.

Q18. Do you ever stick your head out of the car window?

A. No, I never do that.

Q19. Do you ever play with the ignition switch , brakes, gear , steering wheel etc. in the car?

A. No, I never play with the ignition, brakes, gear or the steering wheel in the car.

Q20. Do you ever open the door while the car is still in motion?

A. I never open the door of the car while it is in motion.

Q21. Do you ever take a lift from an unknown person?

A. No, I don't.

Q22. Do you talk to strangers while on the road?

A. No, I never do that.

Q23. Do you ever accept offers of drinks/sweets from strangers at a Bus Stop?

A. No, I never do that.

Q24. Do you give out your name/address or that of your father to strangers?

A. No, I never do that.

**Safety at Home.**

- Q1. Do you ever play with sharp broken things?  
A. No, I don't.
- Q2. Do you play with the kitchen knife or fork?  
A. No, I don't.
- Q3. Do you ever play with the electric knobs , switches or other electric/gas gadgets in the house?  
A. No, I never play with electric or gas gadgets.
- Q4. Do you ever leave behind the heater on?  
A. No, I don't.
- Q5. do you ever put the electric switches on with wet hands?  
A. No, I never do that. It could be very dangerous.
- Q6. Do you ever go to sleep with gas/electric heater on?  
A. No, I don't.
- Q7. Do you ever leave behind the electric iron on?  
A. No, I never do that.
- Q8. Do you ever leave behind the heating rod on and forget about it?  
A. No, I never do that.
- Q9. Do you know what to do when the electricity catches some one?  
A. Yes, I do.
- Q10. Do you ever play with the pistol or gun (any fire arms) of your father?  
A. No, I never play with the fire arms even if they are unloaded.
- Q11. Do you ever try to taste medicines, cosmetics lying about in the house?  
A. No, I never do that.
- Q12. Do you leave a needle or pin lying about on the bed or floor?  
A. No, I never do that.

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Q12A. Do you always wash your hands with soap after playing with your pet?

A. Yes, I always do that.

Q13. Do you ever let your pet jump into your bed?

A. No, I never let my pet do that.

Q14. do you ever aim your air-gun at each other as a joke?

A. No, I never do that.

Q15. Do you ever try to ride or drive the motor cycle/car on your own?

A. No, I don't.

Q16. do you take your little brother or sisters on a ride with you without your mother's permission?

A. No, I don't do that.

Q17. Do you ever play practical jokes?

A. I know it's very foolish. I never do that.

## PERSONAL HYGIENE

Q1. How many times do you take a bath in a day?

A. Twice or thrice in summer.

Q2. When?

A. Before the school , after the school and in the evening after the games.

Q3. How many times do you have a bath in winter?

A. Twice or thrice a week (especially on Friday).

Q4. Do you take a bath with soap?

A. Yes, I take a bath with soap especially after games.

Q5. Do you keep your hands clean?

A. Yes, I keep my hands clean.

Q6. Do you wash your hands before taking your lunch?

A. Yes, I wash my hands with soap before taking my lunch.

Q7. Do you wash your hands before taking your dinner.

A. Yes, I wash my hands before taking my dinner.

Q8. Do you wash your hands after coming from the bathroom/toilet?

A. Yes, I always wash my hands after coming from the toilet.

Q9. With soap or without soap?

A. After the toilet, I wash my hands with soap always and every time.

Q10. do you trim (cut) your nails once a week?

A. Yes, I trim my nails once a week.

Q11. Are your nails black at the moment?

A. No, my nails are not black. Black nails are bad for health.

Q12. Do you ever bite your nails?

A. No, I never bite my nails.

Q13. Do you always keep your teeth clean?

A. Yes, I always keep my teeth clean.

Q14. do you know how to brush the teeth?

A. Yes, I know how to brush the teeth.

Q15. How to brush your teeth? Show me.

A. This is how I brush my teeth. (from up side down and the other way round).

Q16. Do you brush your teeth in the morning?

A. I always clean my teeth in the morning.

Q17. do you brush your teeth before going to bed?

A. I always clean my teeth before going to bed.

Q18. do you eat toffees and candies before going to bed?

A. No, I don't eat toffees and candies at night.

Q19. do you ever pick up sweets, toffees or chips from the floor and eat them?

A. No, I never do that.

Q20. Why do some children have bad teeth?

A. Because they eat too much candies.

Q21. Why do some children have bad gums?

A. Because they don't clean their teeth well.

Q22. Do you ever lick your fingers after eating ice cream?

A. No, I never lick my fingers after eating any food.

Q23. Do you lick the same lollypop or eat the same ice cream which some body else has been eating?

A. No, I don't.

Q24. Do you drink water from a glass which others have been using?

A. No, I don't drink water from a common glass.

Q25. Do you ever chew at the back of a pencil?

A. No, I never do that.

Q26. Do you ever suck your thumb in the day or at asleep?

A. No, I never suck my thumb, while awake or asleep.

Q27. do you ever spit on the ground?

A. No, I never spit on the ground.

Q28. Do you ever cough without covering your mouth?

A. No, I never do that.

Q29. Do you ever sneeze without having a tissue or hanky?

A. No, I never do that.

Q30. do you pick your nose?

A. No, I don't pick my nose.

Q31. Do you ever poke your finger into your mouth?

A. No, I never do that.

Q32. Do you rub your eyes with your hand when some thing gets into your eyes?

A. No, I don't do that.

Q33. Do you ever use the towel of your brother?

A. No, I don't.

Q34. Do you ever use the comb of your brother?

A. I don't.

- Q35. Do you use the vest or socks of your brother?  
 A. No, I don't use the vest or socks of any body else.
- Q36. Do you give these thing to others?  
 A. No, I don't.
- Q37. How many times do you change your vest, socks, under wear in a week?  
 A. In summer, every day, in winter twice a week.
- Q38. Do you drink clean water?  
 A. I always drink clean water.
- Q39. Do you ever eat cut fruit from the roadside Bazaar?  
 A. No, I never eat cut fruit from the Bazaar.
- Q40. Do you buy eatables from roadside vendors?  
 A. No, I never eat things from roadside vendors.
- Q41. Do you sleep with your face all covered and all doors and windows of the room closed in winter?  
 A. No, I don't sleep that way.
- Q42. Why do some children have skin diseases?  
 A. Because they are not careful about personal hygiene.

### **GOOD TEETH : GOOD HEALTH**

- Ayesha : Maryam, my dear sister, why are your teeth so good?
- Maryam : Because I clean my teeth every day.
- Ayesha : How many times do you clean your teeth?
- Maryam : Twice.
- Ayesha : When?
- Maryam : In the morning and in the evening before going to bed.
- Ayesha : How do you brush your teeth?
- Maryam : I brush my teeth like this \_\_\_\_\_ from upside down and the other way.
- Ayesha : Do you brush your teeth from side to side?
- Maryam : No, I don't. It's bad for gums.

Ayesha : Do you always clean your teeth after dinner?

Maryam : Yes, I always brush my teeth after dinner.

Ayesha : Do you eat any candies after cleaning your teeth in the evening?

Maryam : No, I don't. It's bad for teeth.

Ayesha : Do you eat candies?

Maryam : Yes, but not much. I never eat sweets, toffees or ice-cream after cleaning my teeth at night.

Ayesha : Do you take chewing gum?

Maryam : Not much. But certainly not in the class room.



## IN SEARCH OF GUIDANCE

You are a Muslim an Pakistani first and foremost. Let all around you make out from what you say and do, and from how you behave here and there, that you are a worthy son/daughter of Pakistan. Let your peers, parents and teachers be proud of your conduct and character

There is nothing as good, as great, as useful as knowledge. So go all out to seek knowledge. But you can not do so in one go, nor by fits and starts. It's a long process of gradual growth. So acquire knowledge diligently, steadily and perseveringly.

Always pray to God to extend the frontiers of your knowledge.

Each child is born with immense potential for development. Discover your talents. Develop your potential.

Teaching is one thing and learning another. The teacher can help you how to learn but he cannot do the learning for you. Learning can be done only by you, by your own mind.

Learning is of two types, reproductive learning and creative learning. Go in for creative learning Mere reproductive learning is of very little use. so learn actively and creatively. Think , think and think. Use your brain.

Research approach is called for. Delve deep by asking searching questions , by challenging ideas and by experimenting. Go straight to the sources of knowledge

Research approach is called for. Delve deep by asking searching questions , by challenging ideas and by experimenting. Go straight to the sources of knowledge.

Knowledge is different from information. Gradually move from information to knowledge. This will involve thinking.

Thinking is of two kinds. Convergent thinking and divergent thinking. True knowledge comes from divergent thinking.

Courage is of three types; physical courage , intellectual courage and moral courage. Of these, moral courage matters the most. It's the hard core of character Be especially proud of your moral courage.

Telling the truth is the acid test of moral courage.

Let fair-play be your watch word. Be fair in all your dealings. This is your moral, religious and legal obligation. But being fair and just, is not enough. Move one step forward. Be kind , considerate and helpful. This attitude will go a long way to make your own social life pleasant and tension free, therefore, more productive and more satisfying.

Rise above petty things. It's the brave boy/girl, the confident boy/girl, who forgives and forgets. Without forgiveness, life is governed by an endless cycle of resentment and retaliation.

One's needs are different from one's wants. Know the difference between the two.

There is nothing as harmful and as damaging for personal growth and happiness as self devaluation.

Bullying and bragging are such symptoms of psychological weakness.

Jealousy is always counter productive; in most cases, it can be traced back to the inferiority complex.

Remember the Chinese proverb, Patience wins at long last.

Success and failure are all part of life. One success or success in one field does not mean that you will go winning all the time in all areas of human endeavor. Similarly one odd failure or a failure in one field does not mean either that you would go on failing all the time or in all the fields. Life is a whole. Luck is a whole. It's a marathon race. You have to run a hundred and one rounds. Losing an odd round does not matter much. In life there are numberless chances and equally numberless opportunities and challenges in numberless fields. So go on trying , with faith in God, faith in yourself and in your mission.

Hard times do come in one form or the other. Hold on when they do. But God is gracious. The dark pall definitely falls out. When it does, thank God but do not relax. Still toil. In relentless toiling lies your ultimate success.

Let, I can, I will, be your motto.

Discipline provides you the necessary physical and mental foundation to concentrate on your studies; it enables you to make fuller use of your time, energy and mental faculties. Hence the more disciplined the student, the better the chances of his doing better at academics. Therefore, it is said that discipline is the hard core of success.

Develop the sense of priorities. You should know what are your wants and what are your needs when it comes to spending your time, energy and money.

Here in the school the guiding principle is "Trust". Each one is trusted. You should follow this Trust System. Learn to mind your own steps and behave responsibly and justify the confidence reposed in you. Remember what Churchill once said :

The price of greatness is responsibility

Fellow feeling is by itself something good. So is group loyalty. But all types of relationship have a limit. That limit is justice, that which is right not wrong. You should not go beyond that point. So do not co-operate with others in what is unjust, unfair, bad or wrong.

Injustice, in any form, cuts across the very roots of social living.

Give due respect to all your seniors. It's part of your training.

Take care of your manners always and everywhere. For manners show how well you have been brought-up. It is a matter of honour and prestige, you own and that of your parents and teachers.

Be properly and smartly dressed up for all occasions and you must be punctual without fail. Punctuality shows how responsible and disciplined you are.

'Neither a lender nor a borrower be', is a sound rule. You should avoid borrowing things if doing so is not absolutely urgent. In that case, return the borrowed articles in good condition, with thanks, of course.

Remember your first and most valuable asset is your health. Care for it. Look after it carefully now, when you are young and naturally energetic so that in years to come you fight the battle of life successfully and when the time comes to grow old, you grow old gracefully. Take to a life style that keeps you healthy and , therefore, happy and consequent upon that a success too.

Quaid-e-Azam once said :

"Wasting one's own things is sheer foolishness but wasting things that belong to the country is nothing less than a crime". Take good care of school property. Ultimately, it belongs to , Pakistan.

Mere knowing the National Anthem by heart is not enough. Try to understand each word of it and the underlying theme and its background.

Let us all be proud of our dear Pakistan  
Land of our faith, our hope, our pride,  
For whose dear sake our fathers died,  
Beloved Pakistan! We pledge to thee,  
Head, heart and hand through the years to be.

Work as disciplined soldiers.

(Quaid-e-Azam)

## LEARN TO LABOUR AND TO WAIT

There is  
A time  
For  
Sowing  
And there is a time  
For  
Reaping the harvest

This is  
The Law of Farm  
Inexorable  
And  
Unchangeable

Anybody  
Can  
Labour  
But  
Everybody  
Waits not

Only the one who thinks  
Waits

Only  
The one who is confident  
Waits

Learn  
To labour  
Learn  
To think  
And  
Learn  
To wait

**DO NOT LOOK BACK**

Do not look back  
Said the Quaid  
If you do  
You'll miss the next step

Though  
Off you may stumble  
Never be  
Downeast  
Nor lose heart  
Be up  
On your feet  
And move on  
Undaunted  
Undeterred

Whatever the odds  
Inch ahead  
Patiently  
And  
The future is  
Yours

The one  
Who starts looking back  
Gets into the habit of  
looking back  
And finally  
Ends up  
By living in the past

To look back  
Is  
To loose faith  
In one's future  
And in  
One's Self too

Looking back  
Is  
The beginning  
Of a  
Sad end



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Author

# SACRIFICE

To care  
Is  
Good  
To share  
Is good too  
But  
To sacrifice  
Is  
The best

To love  
Is  
To sacrifice  
The greater  
The love  
The greater  
The sacrifice

True sacrifice  
Is

By choice  
Sacrifice  
Comes from  
strength  
And  
In turn  
Gives strength

Sacrifice  
Satisfies

Sacrifice  
Wins hearts  
And  
Wins honour too

Sacrifice  
Is  
Supreme